



Swargheeya Sanjibhai Rupjibhai Memorial Trust's
SSR College of Education
Saily, Silvassa U.T. of Dadra and Nagar Haveli -396230
(Affiliated to Savitribai Phule Pune University, Pune and Recognised by NCTE)
NAAC Accreditation with Grade B⁺

Report of "International Yoga Day"

Theme – "Yoga for One Earth, One Health"

Academic Year 2025-26

Activity	:- Celebration of International Yoga Day
Date	:- 21/06/2025
Timings	:- 8:30-10:30 am.
Co-ordinator	:- Mrs. Snehal Mahajan (Yoga Trainer) & Mrs. Nilima Kamlu (Yoga Trainer)
Venue:-	:- Auditorium of SSR college of Education.

objectives:

- To encourage participants to engage in physical activity and mental activity & understand the benefits of yoga for flexibility, strength, and overall physical health.
- To raise awareness about yoga's benefits & holistic advantages of incorporating yoga into daily life, beyond just physical postures.

SSR college of Education, Sayli, Silvassa has organised 11th International Yoga Day on 21st June 2025. The celebration commenced at 8:30 AM with a warm welcome address to **Director Dr.Meena Kute , I/C Principal Dr. Sarika Patel** & all attendees.

The event was graced by the presence of all **distinguished teaching & non-teaching staff members** who actively participated in the yoga session. Their enthusiastic involvement underscored the college's commitment to promoting health and wellness within its community.

The core of the celebration was an invigorating and enlightening yoga session led by **two yoga trainers Mrs. Snehal Mahajan, and Mrs. Nilima Kamlu** demonstrated various poses suitable for different fitness levels, ensuring inclusivity for all attendees. The session included a variety of asanas, from warming up exercises and Surya namaskar to standing poses, seated poses, and a relaxing shavasana, pranayama, meditation, Omkar & prayer at the end. The atmosphere was serene and meditative, with participants fully immersed in the practice.

Glimpses of "International Yoga Day" -21/06/2025



Mrs.Snehal Mahajan

Mrs.Nilima Kamlu
Co-ordinator

Sarika Patel
I/C PRINCIPAL
S.S.R. COLLEGE OF EDUCATION
SAYLI, SILVASSA.(D&NH)

Dr. Sarika Patel
I/C Principal



Meena Kute
PRINCIPAL
S.S.R. COLLEGE OF EDUCATION
SAYLI SILVASSA.(D&NH)

Dr. Meena Kute
Director